Welcome to the Spring /Summer 2019 APPEAR newsletter! We have had a wonderful first half of 2019, with several wonderful conferences (ICED 2019 was a highlight) and the visit of some fabulous colleagues! We hope more of you will come to visit soon.

We will be enjoying the rest of the summer and some extra mindspace to focus on our research over the coming months!

The APPEAR team

Recent Publications


Driscoll, G., Berry, R., & Rodgers, R. F. Exploring the impacts of macronutrient vs. calorie tracking on young women’s eating, exercise, and body image.


Sharma, A., White, M., Berry, R., & Rodgers, R.F. Pathological or healthy? A preliminary qualitative analysis of Orthorexia Nervosa.


Zeng, I., & Rodgers, R.F. The associations between awareness of viral beauty challenges and body image perceptions among female college students.

Fischer, L. E., Zimmerman, E., & Rodgers, R.F. Examination of partner influences on breastfeeding among mothers.
Recent Presentations

International Conference for Eating Disorders- March 2019, NYC


Giorgianni, F., Danthinne, E., & Rodgers, R.F. Warning vs rewarding: evaluating the effects of labeling images as retouched or retouch-free on body image in women (Presentation).


Rodgers, R.F., Damiano, S., Wertheim, E., Paxton, S. J. Parental comments, body image and dieting among 8-year old girls (Presentation).


Campagna, J., Berry, R. & Rodgers, R.F. Is that a real body or a reel body? Investigating the effects of a video that exposes enhancement techniques used on social media (Poster).

Fischer, L.E., Berry, R. & Rodgers, R.F. Exploring the relationship between existential anxiety, weight-related experiential avoidance, and disordered eating (Poster).


O’Flynn, J.L., Gordon, A. R., & Rodgers, R.F. Eating Disorders and Intersectionality: Disordered eating symptoms at the intersection of sexual orientation and ethnicity (Poster).

Recent Presentations (continued)

8th IAWMH Congress - March 2019, Paris, France
Franko, D.L., O’Flynn, J.L., & Rodgers, R.F. The use of technology to decrease body image and eating concerns: Randomized controlled trials of a mobile app and a minimal online intervention.

Rodgers, R. F., Campagna, J., Attawala, R. Dating app use and body image among male and female college students.

International Congress of Body Image & Health- June 2019, Palermo, Italy
Rodgers, R. F., Media influences on body image: Evidence, mechanisms, and avenues for individual and universal prevention.

Research Highlights
In February 2019, we were invited to participate in a panel for the launch of the CVS Beauty Mark, a nationwide initiative aiming to increase transparency around the digital modification of the images used in advertising and ultimately, make media images more realistic and decrease their negative impact on body image.

[https://www.today.com/style/cvs-announces-most-its-beauty-photos-will-not-be-retouched-t147376]

[https://news.northeastern.edu/2019/01/24/are-facetune-and-bodygoals-killing-us/]

In April 2019, we were thrilled to attend the Inaugural International Body Image conference with so many esteemed colleagues. Thank you so much to Drs. Aaron Blashill and Stuart Murray for chairing this spectacular event that provided a forum for so much collaboration, brainstorming, and sharing of expertise and skills. Watch out for the results of our paper-chases!

We were also delighted to attend the meeting of the Academy of Body Image, Eating Problems, and Health in Palermo, Italy. It was a delight to see so many of our international colleagues there, and plan for the next stages of our collaborations.

Guest Appearances
We have been lucky enough to receive several visits so far this year...all from Australia!

First, we had a brief visit from Dr. Scott Griffths, just before the ICED 2019 conference.

Dr. Zali Yager came to visit in March, having been awarded a prestigious Creswick Fellowship.

Also in March, we received visits from Dr. Laura Dondzilo with Dielle Horne and Joanna Alexi.
Research Highlights (Continued)

We are thrilled to be collaborating with the Institute of Health Equity and Social Justice Research – here at Northeastern University. Dr. Rodgers had the pleasure of holding a fellowship from the Institute this year, and is thrilled to be continuing as a Fellow next year, with seed funding for an online intervention to increase savvy social media use!

In addition, we have been working with some fantastic interns from the IHESJR this year: Gal Nissan and Katheryn Margiotto, who presented at RISE on some of their work.

Honors, prizes, and awards

- Congratulations to Kanako Ando, Elisa Danthinne, and Francesca Giorgianni who were awarded a Scholars’ Independent Research Fellowship to conduct exciting cross-cultural work examining appearance ideals in Japan.
- Congratulations to Rachel Berry who received a Graduate Thesis/Dissertation Research Grant through the PhD Network! Well done!
- Congratulations to Helen Bujold who received an Honors Early Research award for a project focusing on the impact of exposure to social media.
- Congratulations to Jenna Campagna who successfully proposed her dissertation “Exploring Positive Embodiment as a Protective Factor against Negative Impacts of Social Media Use” Such excellent work! We are honored that Dr. Niva Piran has agreed to be part of her dissertation committee.
- Congratulations also to Atsushi Matsumoto who successfully defended his dissertation “Body Image Experiences Among Men in Midlife: Test of an Integrated Model and Embodied Experience of Changes in Appearance with Age” Excellent work and such exciting findings!
- Congratulations to our graduating undergraduates: Joyce Chen; Geneva Driscoll and Maya Zamek who will be staying in Boston for Graduate School; and Kristin Laws, who will be attending graduate school in Amsterdam!
- Congratulations to Nicolle Potvin who has graduated with a Masters in Counseling Psychology, and Carli Fink, who has graduated from the M.S. program in College Student Development and Counseling Best of luck with your next steps!
- Congratulations to Jennifer O’Flynn and Russell DuBois, who both graduated and obtained their PhD in Counseling Psychology this Spring. We will miss you!
- Finally, congratulations also to Dr. Rodgers who was awarded tenure in June, and will be on sabbatical in 2019-2020. (Get in touch, she would be happy to come and visit any colleagues during this time!)

Coming to a conference near you...

Eating Disorders Research Society Meeting,
September 2019, Chicago

See you there!

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